

STEPHANIE SURZ STAYS TRUE TO HER PHILANTHROPIC HEART

# COUNTRY

APRIL 2024

BARRINGTON STYLE  
& SUBSTANCE



*Dr. Kara  
Londergan*

A HEALING PATH



# THE CD PEACOCK MANSION

OPENING APRIL 2024

OAKBROOK CENTER



1837

CD PEACOCK<sup>®</sup>

CHICAGO

OAKBROOK CENTER | WOODFIELD MALL

# Ask Connie

Connie Antoniou answers all of your real estate questions, please email me at [questionsforconnie@gmail.com](mailto:questionsforconnie@gmail.com)

## What are Some Top Tips to Prepare for Homebuying in 2024?

**Financial Preparation:** Begin by getting your finances in order. Lower mortgage rates are advantageous, but you should aim for the lowest rate possible. To improve your credit score, consider paying off or paying down high-interest credit card balances. This can also lower your debt-to-income ratio, which lenders consider when determining your interest rate.

**Explore Mortgage Options:** Investigate mortgage options tailored for first-time homebuyers, as they often come with more favorable terms and lower down payment requirements. Government-backed loans, such as FHA, VA, USDA, and special programs from lenders like Citi bank or Wintrust, can offer down payment assistance.

**Avoid Rushing:** While timing can be important, don't rush into a decision. Take your time to carefully evaluate your options and make an informed choice. This is a significant financial decision, so avoid making hasty choices that you may regret later.



**Build Savings:** Saving for a down payment and closing costs is crucial. Many mortgage programs allow for low down payments, but having more to put down can lead to better interest rates and more appealing offers to sellers. Additionally, homeownership often comes with unexpected costs, so having an emergency fund is essential to avoid financial strain.

In summary, 2024 offers opportunities with lower mortgage rates but presents challenges with high home prices and competition. By taking proactive steps to prepare your finances, explore mortgage options, time your purchase wisely, avoid rushing, and build savings, you can increase your chances of successfully navigating the housing market and achieving your homeownership goals.

In closing, are you confident that you have the best real estate agent representing you? One who has what it takes to get the job done? One you are proud to have represent you in perhaps the most expensive purchase of your life? If not, interview several real estate agents until you find one who best represents you.

*If you would like to discuss your unique real estate needs **confidentially**, you may call or text me at +1 847.508.7775 or email [connie.antoniou@sothebysrealty.com](mailto:connie.antoniou@sothebysrealty.com).*



13 S Wynstone Dr., North Barrington \$1,390,000

Call Connie at +1 847.508.7775 for more information.

Jameson

Sotheby's  
INTERNATIONAL REALTY

Mahler

Sotheby's  
INTERNATIONAL REALTY



223 Cook Street, Suite J, Lake Geneva WI 53147

Jameson Sotheby's International Realty has offices in Chicago - Lincoln Park | Evanston | Hinsdale | Hoffman Estates

 Each office is independently owned and operated.

Source: All data from MRED. Data deemed reliable but not guaranteed. InfoSparks © ShowingTime. © 2023 Jameson Sotheby's International Realty. All rights reserved. Sotheby's International Realty® and the Sotheby's International Realty Logo are service marks licensed to Sotheby's International Realty Affiliates LLC and used with permission. Jameson Sotheby's International Realty fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Each office is independently owned and operated. Any services or products provided by independently owned and operated franchisees are not provided by, affiliated with or related to Sotheby's International Realty Affiliates LLC nor any of its affiliated companies.



All projects shown are designed and built by Airoom

## North Shore's Preferred Choice for Remodeling and Additions.

We're proud to have been designing and building in your community for 65 years. Our commitment to our craft and our clients is showcased in every project we undertake. We handle everything, from first sketch to the final nail.

Call us or visit [Airoom.com](https://www.airoom.com) to schedule a free consultation today!

**AIROOM**   
ARCHITECTS · BUILDERS · REMODELERS  
— SINCE 1958 —

6825 N. Lincoln Ave., Lincolnwood IL 60712  
847-925-7356 | [airoom.com](https://www.airoom.com)

Visit our 30,000 sq. ft. Design & Build showroom.  
Open six days a week.

ADDITIONS | KITCHENS | BATHS | INTERIOR REMODELING | LOWER LEVELS | CONDOS & LOFTS | EXTERIORS

© All designs and photography are copyright of Airoom LLC. Use without written consent is strictly prohibited.

Introducing  
*JG*  
JUDY GIBBONS GROUP

LIFESTYLE REALTORS



Your representation matters! Call us today for all your real estate needs.

Jameson | Sotheby's  
INTERNATIONAL REALTY

847-274-4983  
Judy@JudyGibbonsGroup.com  
Judy-Gibbons.com

Licensed in Illinois  
and now licensed in Florida

Sotheby's International Realty and the Sotheby's International Realty logo are registered (or unregistered) service marks used with permission. Sotheby's International Realty Affiliates LLC fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Each Office Is Independently Owned And Operated.



*Smile*  
with **Confidence**



Michael A. Lovda, D.D.S. and  
Michael A. Lovda Jr., M.S., D.D.S



**LOVDA FAMILY DENTAL**

IMPLANTS • COSMETIC • GENERAL

Est. 1976

1564 West Algonquin Road | Hoffman Estates, IL 60192

847-991-0790 | [www.drlovda.com](http://www.drlovda.com)

# closetfactory

the art of organization

**YOUR SPACE – MAXIMIZED...**  
**with Closet Factory's Transformative Storage Solutions.**

Unlock extra space and enliven your living areas with organizational design.

**CLOSETS • GARAGES • HOME OFFICES  
ENTERTAINMENT CENTERS • WALL BEDS  
PANTRIES • CRAFT ROOMS • LAUNDRY ROOMS  
MUD ROOMS • WINE ROOMS**

**FREE In-Home Design Consultation**

Call **(847) 327-0896** for a free in-home  
design consultation or visit us online at  
**closetfactory.com**

Showroom: 515 Busse Rd, Elk Grove Village, IL 60007

©2024 Closet Factory. All rights reserved.



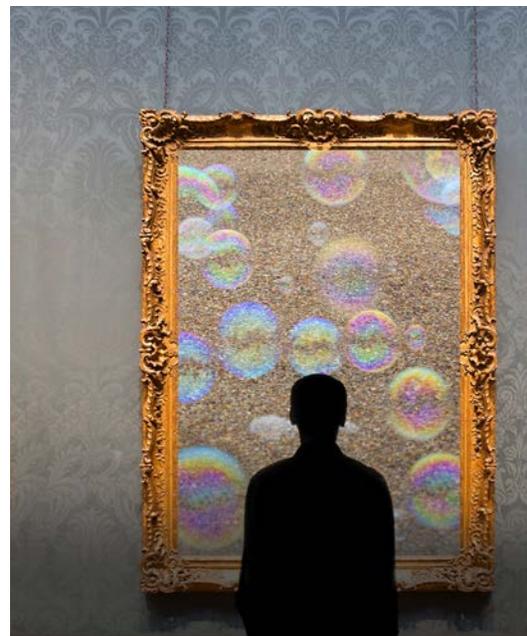


M.J. Miller & Co.

# #1 in luxury *barrington*

@properties Christie's International Real Estate is the #1 brokerage for luxury sales in the Barrington area and all of Chicagoland. Our leading market share creates maximum opportunity for buyers and sellers, while our partnership with the world-renowned Christie's auction house seamlessly connects clients to the premier market for art and luxury goods.

@properties | CHRISTIE'S  
INTERNATIONAL REAL ESTATE







**BUCKLEY FINE**  
LAW



# Representing You When It Matters Most

The Corporate Transparency Act requires small businesses to report ownership to the Federal Government for the first time.

Contact us to learn about the reporting requirements.

---

Estate Planning | Estate & Trust Administration  
Business Law | Asset Protection | Litigation  
Employment Law | Real Estate

## BUCKLEY FINE LAW



+847-381-0011



201 S. Grove Avenue | 4th Floor | Barrington, IL

Visit our website for more info: [www.BuckleyFineLaw.com](http://www.BuckleyFineLaw.com)



9TH ANNUAL  
**WEDDING BAND  
WEEKEND**

APRIL 19-21 | [RAZNY.COM](http://RAZNY.COM)



*Get the band you've always wanted.*

*Enjoy special pricing on the most extensive collection of wedding bands.*



to learn more and  
schedule an appointment

# CONTENTS

APRIL 2024

## FEATURES

### 36 BRINGING THE GOOD ENERGY

*Real estate broker and mom Kate Fanselow's days are hectic, but also exciting and rewarding. Country spoke to Fanselow about what her typical day looks like.*

### 40 BEGIN AGAIN

*Dr. Kara Londergan assists her patients to find pathways through trauma.*

### 44 IN A PINCH

*Chicago's Elan Mosbacher leverages his technology know-how to launch Pinch, an innovative mobile med spa that provides a win-win for clients in Barrington and providers alike.*

## DEPARTMENTS

18 EDITOR'S NOTE

21 UP FRONT  
22 THE BUZZ  
24 COUNTRY LOVES  
26 BEAUTY  
30 COUNTRY VS TOWN  
32 FASHION

47 FOOD & TRAVEL  
48 RECIPE  
50 FIRST CLASS

55 HOUSE & HOME  
56 LUXURY OFFERINGS  
62 HOME STYLE

66 ONE LAST THING

#### ON THE COVER

Dr. Kara Londergan of Hohm Psychotherapy wearing Lafayette 148 New York, [neimanmarcus.com](http://neimanmarcus.com). More on her practice can be found in *Begin Again*. Photography by Maria Ponce Berre, Styling by Theresa DeMaria, Hair & Makeup by Leanna Ernest

#### ON THIS PAGE

*Country vs. Town's* Magdalena Pflanz wearing Carolina Herrera dress, Oscar de la Renta lace top, Sophia Webster shoes, [neimanmarcus.com](http://neimanmarcus.com). Photography by Maria Ponce Berre, Styling by Theresa DeMaria, Hair & Makeup by Leanna Ernest

# FREEMAN'S | HINDMAN

NOW TOGETHER, INVITING CONSIGNMENTS

Last chance to consign in Freeman's | Hindman's  
spring jewelry auctions. Contact us to schedule an  
appointment with our jewelry experts.



Grace Krakow | 312.447.3297  
consignmentdays@hindmanauctions.com  
**HINDMANAUCTIONS.COM**

Tiffany & Co., Paloma Picasso, Bicolor Gold,  
Aquamarine and Diamond Bangle Bracelet  
**Sold for \$37,800**

---

**AUCTIONS & APPRAISALS SINCE 1805**

**PHILADELPHIA CHICAGO**

Cincinnati Denver New York Palm Beach

Atlanta Boston Cleveland Detroit Miami Milwaukee Naples Richmond St. Louis San Diego Scottsdale Washington, D.C.





# COUNTRY *Magazine*

<i>Founder &amp; Publisher</i>	J.W. CONATSER
<i>Editor-in-Chief</i>	MEGAN WEISBERG
<i>Contributing Editors</i>	MICHELLE CROWE, ERIN DONALDSON, DUSTIN O'REGAN
<i>Executive Project Director</i>	KEMMIE RYAN
<i>Style Director</i>	THERESA DEMARIA
<i>Contributing Writers</i>	TRICIA DESPRES, MITCH HURST, ANN MARIE SCHEIDLER
<i>Copy Editor</i>	MORGAN HOGERTY
<i>Production Manager/ Graphic Designer</i>	LINDA LEWIS
<i>Advertising Coordinator/ Graphic Designer</i>	CHRIS GEIMER
<i>Graphic Designer</i>	SAM SUAREZ
<i>Contributing Photographers</i>	MARIA PONCE BERRE
<i>Illustrator</i>	ROBERT RISKO
<i>Advertising Sales</i>	GRETCHEN BARNARD JENNIFER STURGEON
<i>Assistant to the Publisher</i>	CHEYANNE LENCIONI

### *How to reach COUNTRY Magazine*

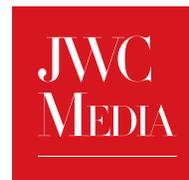
ADVERTISING INQUIRIES: [ADVERTISING@JWC MEDIA.COM](mailto:ADVERTISING@JWC MEDIA.COM) / 847.926.0911

EDITORIAL INQUIRIES: [MEGAN.WEISBERG@JWC MEDIA.COM](mailto:MEGAN.WEISBERG@JWC MEDIA.COM) /  
847.370.5840

### *Corporate Headquarters*

671 ACADEMY DRIVE, NORTHBROOK, ILLINOIS 60062  
[JWC MEDIA.COM](http://JWC MEDIA.COM)

*COUNTRY Magazine is published 10 times annually by JWC Media.*



# COUNTRY

THE PREMIER MAGAZINE ABOUT  
THE BARRINGTONS

MEDIA INFORMATION  
847.926.0911

JWC Media accepts freelance contributions; however, there is no guarantee that unsolicited manuscripts, photographs, or graphics will be returned. All rights to the contents of this magazine are owned in full by JWC Media. *COUNTRY Magazine* may not be reproduced in whole or in part, including but not limited to advertisements and articles, without written permission from the publisher.

*COUNTRY Magazine* assumes no responsibility for statements made or opinions expressed by contributing writers, editors, or advertisers. However, comments or corrections or differing opinions are welcomed. The publisher reserves the right to edit and place all editorials and ads. © 2024 JWC Media



**COLDWELL BANKER<sup>SM</sup>**

**DEANTUBEKIS**  
T E A M

## Barrington's Exceptional Choice For Real Estate



**Top 2% Of All Coldwell Banker Agents Worldwide**

Based On 2022 Sales

Your home is exceptional. Why would you work with a real estate team that is anything less?  
The Dean Tubekis Team is the #1 Coldwell Banker real estate team in Barrington, year after year.  
Find out what makes us the exceptional choice and contact us today to arrange a confidential meeting!



### The Dean Tubekis Team

Coldwell Banker - The Groves

847-809-8070

dtubekis@gmail.com

Deantubekis.com

Scan here to learn more about

The Dean Tubekis Team



**COLDWELL BANKER**  
**REALTY**



# EDITOR'S NOTE



This April issue is full of sunshine. *The Buzz* spotlights a cultural event, a treasured Barrington club, and two new business openings. All are sure to be the talk of the town. Our

*Beauty* and *Fashion* sections share the latest in new product launches and covetable pieces to wear this season. Magdalena Pflanz, who was born in Bulgaria, shares what she loves about Barrington in *Country vs. Town*.

*Luxury Offerings* highlights a beautiful property in Barrington, alongside an incredible apartment in a high rise on the shores of Coeur d'Alene, Idaho, and a spectacular all-black exterior home in Quebec.

And speaking of homes, when looking to find your dream home, look no further than local realtor Kate Fanselow. Having grown up in Northern California in a close-knit Italian American family she describes as "like a warm big hug just when you need it most," her energy is palpable. Follow along in *Bringing the Good Energy* as we join her on a typical day as she balances career with motherhood in our community.

And if in need of a spring refresh, now with Pinch, a new Mobile Med Spa, it's never been easier to look and feel your best—now from the comfort of your own home. In *A Pinch* shares their start-up story and services offered.

Bacoa recently held their 7th annual Dancing with the Barrington Stars Fundraiser to great success. This year's dance teams raised over \$380,000 to help Bacoa support older adults in the community. In honor of April being National Autism Awareness Month, District 220 elementary schools are hosting a month-long walk-a-thon for the month of April for all students grades K-5th. This month-long event, known as "Steps for Jett" is in honor of the late Jett Serek (2nd grade/8 years old) who the community tragically lost in March. On Tuesday, April 30, each Barrington elementary school will be hosting an opportunity at each campus to complete their steps for all students during their recess.

In *One Last Thing*, learn the story behind South Barrington's newest hot spot, Te'Amo Boba Bar, and how founder Mia Wan is bringing traditions of community building from her hometown in China to our town.

Enjoy,

**Megan Weisberg**  
Editor-in-Chief  
megan.weisberg@jwcmedia.com



Barrington Dancing with the Stars



*Country vs. Town's* Magdalena Pflanz  
alice + olivia dress, AKRIS lace baseball  
jacket, Cult. Gala bag, Christian Dior  
lace-up boots. [neimanmarcus.com](http://neimanmarcus.com)

## MY WISH LIST

Carrying Dolce & Gabbana's Sicily Patent Leather Handbag, [matchesfashion.com.us](http://matchesfashion.com/us)



Trying Prada's Newly Launched Augmented Skin Cream, [nordstrom.com](http://nordstrom.com)

Wearing Sergio Hudson's Leather Waist Belt, [net-a-porter.com](http://net-a-porter.com)



Follow along with realtor Kate Fanselow as she shares a snapshot of her typical day.

# ONE & ONLY

MEET ONE & ONLY®. THE FAST, SIMPLE, STRESS-FREE CAR-BUYING EXPERIENCE.



Only One Person.

Only One Price.

Only One Hour.

Only at Motor Werks.

BMW

CADILLAC

HONDA



INFINITI

Mercedes-Benz

PORSCHE

1475 S. BARRINGTON RD. BARRINGTON, IL 60010 | MOTORWERKS.COM

## WASH WERKS



**OPEN TO THE PUBLIC**  
**OPEN 7 DAYS A WEEK**

- ✓ FREE VACUUM STATIONS
- ✓ PREMIUM WASH OPTIONS
- ✓ COMPLETE DETAIL CENTER
- ✓ MEMBERSHIPS AVAILABLE



20 E. DUNDEE RD.  
BARRINGTON, IL 60010  
847.304.3830



# Ready to Say "I Do"?

*The Family Law Group at K+H can help protect your future*

Pre-nuptial agreements offer a safety net for both partners, allowing you to embark on your journey together with confidence and peace of mind. Protect your rights, secure your financial well-being, and foster a solid foundation for your relationship.

- ✓ Set clear financial expectations
- ✓ Shield pre-marital assets such as businesses, investments and properties
- ✓ Ensure both partners' rights and interests are respected and accounted for

#### ADDITIONAL FAMILY LAW SERVICES

Divorce + Mediation  
Orders of Protection  
Child Support + Custody  
Pre-Dissolution Planning  
Spousal Support | Paternity  
Modification + Enforcement of Court Orders

## CONTACT OUR FAMILY LAW TEAM

Raymond  
Rudnick

Perry  
Smith

Laura  
Dzielski

Melissa  
Bulshteyn

Michael  
Fioretti



**K | H**

**Kelleher + Holland, LLC**  
ATTORNEYS AT LAW

**847-382-9195 | [www.KHhelps.com](http://www.KHhelps.com)**



**FULL-SERVICE LAW FIRM WITH ATTORNEYS LICENSED IN 12 STATES:**

ARIZONA CALIFORNIA FLORIDA ILLINOIS KENTUCKY MICHIGAN  
MISSOURI SOUTH CAROLINA TENNESSEE TEXAS WISCONSIN WYOMING

This ad is for general information and is not intended to provide legal advice with respect to any specific matter, nor is it intended to create an attorney-client relationship. Under rules applicable to the professional conduct of attorneys in various jurisdictions, this may be considered attorney advertising material.

# UP FRONT

CULTURE, MURMURS & STYLE

*Alyssa Kapito Interiors*,  
published by Rizzoli

ALYSSA KAPITO INTERIORS



RIZZOLI

A beautiful bathroom by  
Alyssa Kapito.

## *Alyssa Kapito Interiors*

Known for her modern approach to classic elegance, interior designer Alyssa Kapito presents her most extraordinary residential projects in this highly anticipated debut. With bespoke interiors that merge contemporary touches with time-honored sophistication—luxurious textures, neutral tones, crisp whites, and sleek lines—Kapito has become one of the most exciting names working in design today.

In this beautiful volume, Kapito shares her unique design philosophy and 10 of her most outstanding projects. An Upper East Side townhouse is punctuated with modern design pieces and warm beige hues. A medley of natural materials offset by bold artwork defines a sleek duplex in SoHo. Clean lines and a soft palette of blues, yellows, and mauve breathe new life into a grand countryside estate. Readers will delight in discovering Kapito's approach throughout.

[rizzoli.com](http://rizzoli.com)

Rich textures and colors create a defined ambiance in this Alyssa Kapito designed space.



**GRANT & DUNNE STYLING BAR OPENS**

Grant & Dunne Styling Bar recently opened its doors in South Barrington to offer traditional upscale styling for men of distinction and classically elegant styling for women of glamour. Services for men include shaves, beard trimming, hair cuts and more, and for women lash enhancements, blow outs, deep conditioning treatments, and expert makeup application services are offered. Located at 100 W. Higgins Road, South Barrington, visit [grantanddunne.com](http://grantanddunne.com) to learn more and book your appointment.

**ALL ARE WELCOME**

With a rich legacy dating back to 1937, The Riding Club of Barrington Hills (RCBH) is adopting a fresh take on membership in 2024 and opening its doors to non-equestrians and those who reside outside of the Barrington Hills zip code. RCBH is pleased to now welcome anyone who is interested in community, conservation, learning about horsemanship, or who seek a place for themselves or their children to take the first steps in a new passion. RCBH's annual membership supports its diligent efforts in tandem with conservation groups, the Forest Preserve, and the Barrington Hills Park District to preserve and expand open spaces, to support the availability of facilities to enjoy equestrian activities, and to protect the essential 5-acre zoning laws, which conserve natural habitats in the community. RCBH will host numerous family-friendly activities this year for its members including: Spring Tack Sale and Marketplace, Spring and Fall Schooling Shows, Working Equitation Clinics and Show, movie nights, Sunny Sunday Breakfast Series, bonfires, apple picking, and volunteer opportunities for all abilities. *For more information or to apply for your membership, please visit [ridingclubofbarringtonhills.org](http://ridingclubofbarringtonhills.org).*

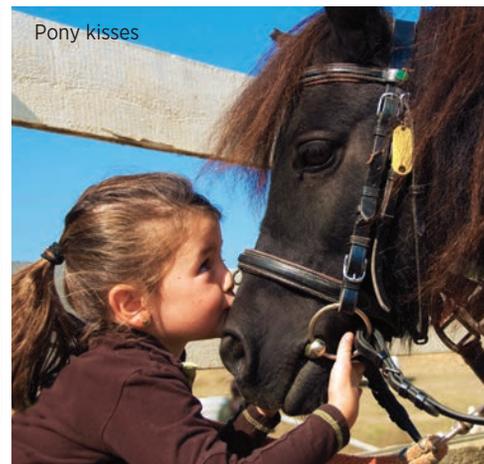
Old-fashioned fun



Family activities abound



Pony kisses



PHOTOGRAPHY BY SHERVIN LAINEZ.



### TIME FOR THREE

The Music Institute of Chicago welcomes back the boundary defying, Emmy and Grammy-winning musical trio Time for Three, with its uncommon blend of instruments and vocals, Saturday, April 27 at 7:30 p.m. at Nichols Concert Hall, 1490 Chicago Avenue, Evanston. Spanning classical music, Americana, and singer-songwriter styles, their captivating sound merges eras, styles, and traditions. *Tickets are \$60 preferred, \$40 standard, and \$30 value, available at [nicholsconcerthall.org](http://nicholsconcerthall.org).*

Time for Three



### VELOCITY ESPORTS FIRST ILLINOIS LOCATION

Next level gaming company Velocity Esports (Velocity) has opened its first Illinois location. Velocity features a vast selection of arcade games and prizes, a premier esports lounge with more than 100 titles for PC and console gaming, and a billiards lounge complete with comfortable seating—all in a dynamic, inclusive atmosphere for social gaming. In addition to gaming and esports, Velocity includes an arcade bar and eatery, perfect for friends and families. *Located in Schaumburg's Woodfield Mall, visit [velocityesports.com](http://velocityesports.com) for more information.*

Velocity Esports Opens in Schaumburg

Keeley Construction  
Marketing Director  
and BJWC member,  
Stephanie Surz

Originally from Wilmette, **STEPHANIE SURZ** moved to Barrington in 2021 with her husband. The couple now have two children, who are 2 years and 8 months old. Surz's love of volunteering began in college when she spent summers at Chicago's Children's Memorial Hospital (now Lurie Children's) helping to bring light and positivity to pediatric patients. An ardent supporter of the Make-A-Wish Foundation, she is also a member of Barrington Junior Women's Club (BJWC). Currently, Surz is co-chair of BJWC's Service to Seniors committee. This fall, she will be co-chairing an exciting new social committee that will organize fun opportunities for BJWC members to connect. Formerly a news reporter and editor at Sun-Times Media, she now uses her background in journalism as Marketing Director for Keeley Construction, a position that allows her to flourish creatively. On the side, she enjoys freelance writing and is most in her element when creating graphics from scratch or on design apps.

EDITED BY **MORGAN HOGERTY**  
PHOTOGRAPHY BY **MARIA PONCE BERRE**  
HAIR AND MAKEUP BY **LEANNA ERNEST**  
STYLING BY **THERESA DEMARIA**

## STEPHANIE LOVES

**Gadget:** My favorite for years has been my Polaroid camera. Aside from capturing life's beautiful moments in real time, the excitement that it brings my 2-year-old daughter is priceless. We have so much fun scrapbooking our Polaroids together and it's become "*our thing*." **Scent:** My favorite evening scent

is Chanel's Coco Mademoiselle. **Barrington spot:** Recently, it's been the newly expanded Cook Street Coffee shop for getting work done and coffee dates with friends. **Hostess gift to receive:** A small, tabletop houseplant or orchids. **Gift to give:** A pretty platter or vase from Anthropologie.



Surz stuns in  
Giorgio Armani  
black dress,  
[neimanmarcus.com](http://neimanmarcus.com)

**What actress would play you in a movie?** Selena Gomez, whom I'm often told I look like. And I do like her show, *Only Murders in the Building!* **Who from history would you want to travel with?** I'd travel with Frida Kahlo to see all the things that inspired her creatively, including her roots in Mexican culture, which we have in common. **Where do you look for inspiration?** Loved ones. I'm a firm believer in the saying "you are only as good as the people you surround yourself with" so I lead by this and surround myself with friends and peers who inspire and motivate me in all aspects of life—motherhood, values, community, career, etc. **Favorite book?** I'm currently reading *Untamed* by Glennon Doyle. So far, I'm loving its inspiring message—don't get caught up in society's unrealistic expectations of women. Instead, be an unapologetically confident

woman and rock your authentic self. **Most beloved cookbook?** One that I created myself in 2018 when I got married. It's a collection of family recipes that I gathered from loved ones, including ones from scratch. A conglomeration of mouthwatering desserts, flavorful dinners, and authentic Mexican cuisine. It's a future heirloom piece that will be handed down to my children for them to add to. **Best dinner party hack?** Create a "Build-Your-Own" (BYO) bar for guests to serve themselves and choose their own toppings. I've done BYO bars ranging from taco to baked potato to cold pasta to dessert. So easy and fun! **What's in your bag right now?** Too much! Wallet, some mints, a hair clip, my everyday Ray-Ban sunglasses, LANEIGE Lip Sleeping Mask, Mario Badescu Lip Balm, hand sanitizer, AirPods, vitamins. Then there's stickers, hair ties, and my toddler's spilled snacks.



# The Essentials

*New items to covet.*

EDITED BY MEGAN WEISBERG

1 Dr. Barbara Sturm, Sun Body Cream, [drsturm.com](http://drsturm.com) 2 The Rootist, AHA+ACV Pre-Shampoo Scalp Clarifying Rinse, [sephora.com](http://sephora.com) 3 The Rootist, BioBrew Fermented Strengthening Serum, [sephora.com](http://sephora.com) 4 U Beauty, The SUPER Intensive Face Oil, [nordstrom.com](http://nordstrom.com) 5 Omorovicza, Queen Serum, [nordstrom.com](http://nordstrom.com) 6 Sisley Paris, Phyto-Teint Perfection Foundation, [nordstrom.com](http://nordstrom.com) 7 PAT McGRATH LABS, LUST Gloss, [nordstrom.com](http://nordstrom.com) 8 La Mer, The Revitalizing Mist, [nordstrom.com](http://nordstrom.com) 9 Londontown, Nail Color, [nordstrom.com](http://nordstrom.com) 10 Givenchy, Prisme Libre Color Skin-Caring Corrector, [nordstrom.com](http://nordstrom.com) 11 PAT McGRATH LABS, Divine Blush Legendary Glow Cheek Color Balm-Peach Lotus, [nordstrom.com](http://nordstrom.com) 12 Sisley Paris, Phyto-Rouge Shine Refillable Lipstick, [nordstrom.com](http://nordstrom.com) 13 Yves Saint Laurent, Pure Shots Lines Away Serum Refill, [nordstrom.com](http://nordstrom.com)



14



15



17



16



18



19



21



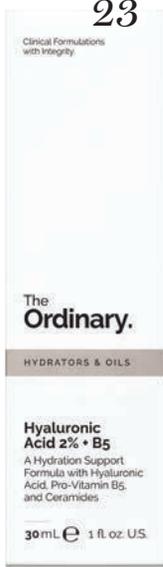
20



24



22



23



14 Fresh, Lily Jasmine Body Lotion, nordstrom.com 15 CHANEL Beauty, La Crème Main Texture Riche Hand & Nail Cream, nordstrom.com 16 Decorte, Snow Clarifier Liquid Exfoliating Treatment, nordstrom.com 17 Dr. Barbara Sturm, Super Anti-Aging Eye Serum, drsturm.com 18 Clarins, UV Plus Anti-Pollution Antioxidant Face Sunscreen SPF 50, nordstrom.com 19 Dr. Dennis Gross, On The Spot Eliminator, sephora.com 20 Dr. Dennis Gross, 2% BHA+ Breakout Solution, sephora.com 21 La Mer, The Moisturizing Soft Cream, net-a-porter.com 22 Sisley Paris, Phyto-Blanc La Nuit Overnight Brightening Cream, nordstrom.com 23 The Ordinary, Hyaluronic Acid 2% + B5, nordstrom.com 24 BABOR, Hyra Plus Ampoule Concentrates, nordstrom.com



# SUPERIOR SMILE

*Why accreditation matters when choosing a cosmetic dentist.*

WORDS BY  
JAMES T. GAVRILOS

Think about the ways we select a dentist. Some will ask a friend or neighbor. Others will go online and check reviews. Some will even respond to advertising that comes in the mail. But even with all of these methods, we cannot be sure how good their work is. This is where accreditation comes in.

Imagine that your dentist's work could be evaluated by the top dentists in the world. They would have to submit their work for evaluation and it would have to pass the highest of quality standards. The American Academy of Cosmetic Dentistry (AACD) has a program that performs this exact type of screening.

For 35 years, the AACD has offered this credentialing program.

Accreditation serves to set the standard for excellence in cosmetic dentistry. Achieving accredited status from the AACD requires dedication to continuing education, careful adherence to the protocol, and a resolve to produce exceptional dentistry. Over the past 35 years, thousands of dentists have attempted to complete the process but only 400 have been able to meet the standard. Of these 400, only 200 in the world still practice dentistry today.

The process begins with a written examination. If the candidate passes the written part, they can then start the clinical portion. This involves completing five different reconstructive procedures that are pre-determined by the association. Each case is photographed under high magnification and also requires a written report. Once the documentation is complete, the case is submitted for evaluation.

After the clinical portions are passed, a final oral examination is conducted along with a review of all the clinical photography and reporting. Only after passing all of these steps does the dentist receive his accredited status.

When you are ready to look for a new dentist, let AACD help you. Go to [aacd.com](http://aacd.com) and select the "Find a Dentist" tab. You will be asked to enter your location and you will be given a list of the dentists in your area. Keep in mind that less than 1 percent of the world's dentists are accredited so you may have to travel to get to one. This first step will be a lot more reliable in getting the quality work that you need than asking a neighbor, going through online reviews or responding to a coupon.

*Dr. James T. Gavrilos is accredited with AACD. His office is located at 129 Park Avenue in Barrington. For more information, call 847-381-4040 or visit [barringtondentist.com](http://barringtondentist.com).*

## Love Your Legs!

Vein Specialists of Illinois, a locally owned, independent medical practice is a leader in non-surgical, personalized treatment of venous disorders. VSI serves your community with two convenient locations in Lake Zurich and Elgin.

Trusted professionals Dr. Sorenson and Dr. Lutz are double Board Certified, and Diplomates of the American Board of Venous and Lymphatic Medicine with a combined 35+ years experience.

### Specialized treatment of:

Varicose Veins • Spider Veins • Venous Ulcers  
Lymphedema • Cosmetic Facial & Hand Veins

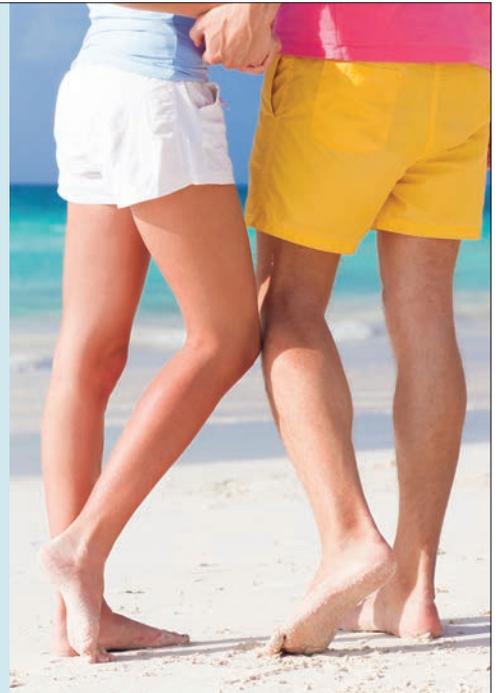
### If you have any of these symptoms, you may have vein disease:

- Leg Pain/Aching
- Leg Swelling
- Leg Rashes
- Heavy/Tired Legs
- Itching
- Dark Spots
- Restless Legs



Thomas Lutz, MD RVT RPVI  
Stephen Sorenson, MD RVT RPVI

**VSI** VEIN SPECIALISTS OF ILLINOIS



847.957.1091 • [VSIveins.com](http://VSIveins.com)

1670 Capital St., Suite 500 | Elgin, IL 60124 | 847.468.9900  
795 Ela Rd., Suite 115 | Lake Zurich, IL 60047 | 847.550.4984

### Affiliated Hospitals:

- |  |                                    |
|--|------------------------------------|
| AdvocateAurora<br>Good Shepherd Hospital | Northwest Community<br>Healthcare  |
| AdvocateAurora<br>Sherman Hospital       | Alexian Brothers<br>Medical Center |
| St. Alexius Hospital                     | St. Joseph Hospital-Elgin          |



COMING SPRING OF 2024

## THE ALL-NEW 2025 MAZDA CX-70

Experience the versatility of the Mazda CX-70, designed with two rows and offering two powertrain options for your choice. Each model comes standard with an i-ACTIV AWD® system and boasts significant towing capacities. The meticulously crafted details of the Mazda CX-70, from its striking front to rear fascia design to the available Nappa leather-trimmed seats, harmonizes comfort and performance through masterful engineering.

Get the best selection of new Mazda vehicles from the largest Mazda Group in the Chicagoland area.



COMPLIMENTARY  
FIRST MAINTENANCE



PRICE MATCH  
GUARANTEE



OVER 4,700 5-STAR  
REVIEWS

### SCHAUMBURG MAZDA

110 W. Golf Road | Schaumburg, IL 60195  
(847) 882-5050 | [SchaumburgMazda.com](http://SchaumburgMazda.com)

### NAPLETON'S PALATINE MAZDA

1811 N. Rand Road | Palatine, IL 60074  
(847) 882-9000 | [PalatineMazda.com](http://PalatineMazda.com)



LOVE WHERE  
YOU BUY

Pre-production model shown.

Born in Bulgaria, **Magdalena Pflanz** and her family moved to Chicago in the '90s. Her parents demonstrated unwavering love and dedication, and Pflanz now strives to do the same for her two wonderful children, Nikolai (9) and Scarlett (4). Pflanz and her husband, Chris, are passionate entrepreneurs and recently celebrated the success of selling one family company while continuing to lead another family company, Cleanway. Working together as a family has instilled in them all a strong sense of unity and purpose. Currently, the Pflanzs are in the middle of building their dream home in South Barrington. Believing in the power of giving back and making a positive impact on others' lives, Pflanz dedicates her time to the Barrington Junior Women's Club (BJWC). The BJWC strives to create opportunities for those in need and foster a spirit of compassion and support within our community.

EDITED BY **MORGAN HOGERTY** / PHOTOGRAPHY BY **MARIA PONCE BERRE**  
HAIR AND MAKEUP BY **LEANNA ERNEST** / STYLING BY **THERESA DEMARIA**

In Max Mara  
top and pants,  
[neimanmarcus.com](http://neimanmarcus.com)

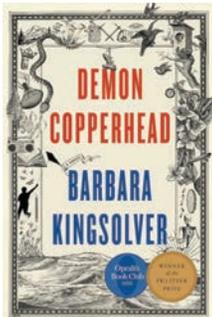




**Mantra?** A negative mind will never get you a positive life  
**Best grooming tip?** Sunscreen every day, and don't forget your hands  
**Guilty pleasure?** A large, over-priced iced coffee  
**Favorite foods?** I'm Bulgarian so I love our specialties like banitza, palačinke (crepes), Bulgarian feta...  
**Music you love?** The Beatles, The Kinks, The Doors, Yeah Yeah Yeahs, The White Stripes, Muse  
**Best advice ever given to you?** When I was younger, I struggled with what was expected from me as opposed to what I wanted to do. My grandma asked, "When are you going to start doing what YOU want to do?" I needed to hear that  
**Best advice you've given?** Quality over quantity, especially with friends and time

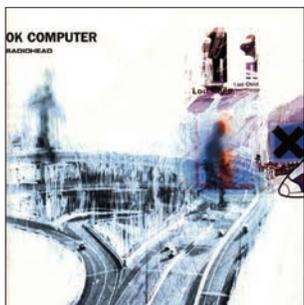


Magdalena Pflanz wearing Crolina Herrera dress, Oscar de la Renta lace top, Sophia Webster shoes, [neimanmarcus.com](http://neimanmarcus.com)



**Earliest memory?** When I was 4, we drove from Chicago to Walt Disney World in our Ford Aerostar Van. It was a long drive with literally no entertainment. What I remember the most is that the middle bench seat folded down to make a bed and I was rolling around on this makeshift mattress during the whole drive. Gotta love the early '90s!  
**Before bed, you?** Take my vitamins, clean up the kitchen, do my skin routine, throw on the TV, and hope one of my children doesn't come sneaking in  
**What's on your bookshelf?** *Demon Copperhead* by Barbara Kingsolver  
**You can't live without?** My family, my girlfriends, and heated seats

in the winter  
**Love to escape to?** Telluride, CO  
**Advice you would give to your younger self?** You can do anything, but you can't do everything



**WHEN IN THE COUNTRY**

**Your style is?** Loose fitted jeans and a knit sweater  
**Can't leave the house without?** Joshua Tree Lip Balm  
**Transportation?** Tesla Model X, driving electric since 2014  
**Driving music?** Radiohead  
**Place to eat?** Meze or Perry's  
**Shop?** Barrington Books  
**Best thing about country?** The space! The trees, the flowers, the rolling hills, the quiet  
**Worst thing about country?**



Mosquitos  
**The perfect day is?** Curled up on the couch with my kids and my husband, sparkly snow falling, the fireplace is on, and we're watching a movie

**WHEN IN TOWN**

**Your style is?** '90s Winona Ryder, but without all the shoplifting  
**Can't leave the house without?** A water bottle  
**Transportation?** Walking  
**Driving music?** Eurodance  
**Place to eat?** Maple & Ash, Adalina, Quartino, Café Crèmerie  
**Shop?** P.O.S.H. antique store  
**Best thing about town?** The museums and architecture  
**Worst thing about town?** Nothing. Chicago is the best city  
**The perfect day is?** A morning stroll followed by coffee, checking out a museum, sitting streetside at a cafe, then ending the night at home in our condo that overlooks the beautiful skyline.



MAPLE & ASH



1



2



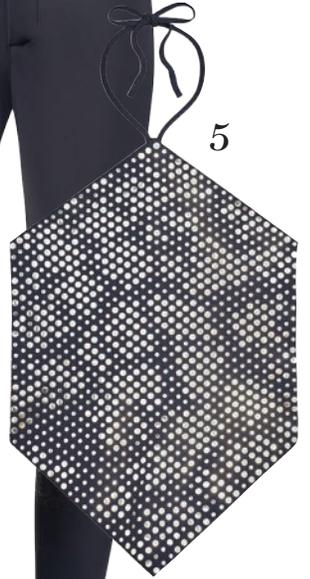
3



4



5



6



# Epitomize

7



11



12



8



10



9



13



14



17



16



18



15



# Spring

*Let your wardrobe bloom with color.*

EDITED BY MEGAN WEISBERG

19



20



21



1 Bernadette, Josselin Bow One-Shoulder Taffeta Maxi Dress, [matchesfashion.com.us](http://matchesfashion.com.us) 2 Chloé, Asymmetric Knotted Pleated Wool Gown, [net-a-porter.com](http://net-a-porter.com) 3 Tory Burch, Linen Pleat Dress in Bright Leaf, [toryburch.com](http://toryburch.com) 4 Dada Sport, Gerry Riding Pant in Orange, [dadasport.com](http://dadasport.com) 5 Tory Burch, Embellished Viscose Halter Top in Dark Sky, [toryburch.com](http://toryburch.com) 6 TOTEME, T-Strap Suede Point-Toe Flats, [net-a-porter.com](http://net-a-porter.com) 7 Gianvito Rossi, 85 Patent Leather Sandals in Lime Green, [net-a-porter.com](http://net-a-porter.com) 8 Dada Sport, Venezia white shirt, [dadasport.com](http://dadasport.com) 9 Jacques Marie Mage, Valkyrie Aviator-Style Acetate Sunglasses, [net-a-porter.com](http://net-a-porter.com) 10 Tory Burch, One-Shoulder Clip Tank Swimsuit, [toryburch.com](http://toryburch.com) 11 Brunello Cucinelli, Floral Print Silk Satin Wide-Leg Pants, [net-a-porter.com](http://net-a-porter.com) 12 Tory Burch, Spaghetti Mesh Strap Top in Black, [toryburch.com](http://toryburch.com) 13 Valentino Garavani, Printed Silk Twill Headband, [net-a-porter.com](http://net-a-porter.com) 14 Tory Burch, Jersey Shirdress in Dark Green, [toryburch.com](http://toryburch.com) 15 Tory Burch, Twill Cargo Pant, [toryburch.com](http://toryburch.com) 16 Tory Burch, V-Neck Wool Pullover in Gray Melange, [toryburch.com](http://toryburch.com) 17 Valentino Garavani, Printed Silk-Twill Scarf, [net-a-porter.com](http://net-a-porter.com) 18 Tory Burch, Draped Tulle Dress in Iced Sky, [toryburch.com](http://toryburch.com) 19 Balmain, Cropped Pointelle Knit Cardigan, [net-a-porter.com](http://net-a-porter.com) 20 Tory Burch, Linen Beach Pant in Bright Lemon, [toryburch.com](http://toryburch.com) 21 Tory Burch, Howell Court Sneaker in Titanium White, [toryburch.com](http://toryburch.com)

# PILATES STUDIO6

*Personalized instruction on the best equipment for your best body.*



847-602-8001 / [www.pilatesstudio6.com](http://www.pilatesstudio6.com) / Chris Girard, *Owner and Certified Instructor*

## Find your way to savings.



**Zach Hasselbring, Agent**  
130 S Northwest Highway  
Barrington, IL 60010  
Bus: 847-381-0047  
[www.zachismyagent.com](http://www.zachismyagent.com)

### Save an average of \$500\*

Stop here for great rates with  
America's #1 car insurance company\*\*.  
Give me a call today.

*Like a good neighbor, State Farm is there.®*



[statefarm.com](http://statefarm.com)®

\*Average annual per household savings based on a national 2012 survey of new policyholders who reported savings by switching to State Farm.

\*\*Based on A.M. Best written premium.

1005000.1 State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company - Bloomington, IL

JWCMEDIA.COM

BUY, SELL, RELOCATE:  
LOCAL & GLOBAL!

WITH YOUR REALTOR

MARIA  
*Devins*

*"I'll help advise, guide,  
and protect you  
every step of the way."*

EXCEPTIONAL SERVICE  
IS THE ONLY KEY  
YOU'LL EVER NEED



AS SEEN ON...

EMMY NOMINATED



HGTV'S HOUSEHUNTERS:  
2X FEATURED AGENT



ABOUT MARIA

- 17+ Years of Experience
- Over \$100M in Career Sales
- Power Player in Chicago + Suburban Real Estate



NATIONAL & GLOBAL EXPOSURE

Feature Your Home to:

- 43 Million+ Streaming Audience
- 74,000+ Social Media Audience



MARIA'S ADVANTAGE

- 100% Customer Satisfaction
- Strong Repeat & Referral Business

847.840.2520 | [maria.devins@bairdwarner.com](mailto:maria.devins@bairdwarner.com)

FOUNDERS CLUB & TOP 10 OFFICE PRODUCER SINCE 2012



Information provided is not guaranteed and subject to change and withdrawal without notice.

# Bringing the Good Energy

*From the moment she wakes up until she goes to sleep, successful Barrington real estate broker and mom **Kate Fanselow's** days are hectic but also exciting and rewarding. Country spoke to Fanselow about what her typical day looks like.*

WORDS BY **MITCH HURST**

PHOTOGRAPHY BY **MARIA PONCE BERRE**

STYLED BY **THERESA DEMARIA**

**F**irst drawn to Barrington's idyllic hometown feel, Kate Fanselow has lived here for more than a decade. She runs The Kate Fanselow Group, part of the Barrington office of Compass, one of the most successful brokerages in the area. Hiring two like-minded women, Mo Marienthal and Anne Mannelly, the trio has taken on the local market as working mothers, who are dedicated to their clients, their families, and their community. "What I love about my career is it's different every day," Fanselow says.

## MORNINGS

The first thing I do in the morning is check my phone. A lot of my deals get negotiated late at night or early in the morning and within an hour or two, my schedule for the day fills up. (I love the unpredictability of it!)

I have two kids, Penny (13) and Teddy (9), and sometimes helping them get ready for school can be a bit of a hot mess, but we manage. Then, I try to exercise. I love The Den Fitness, right in town.

My days are jam-packed, especially in today's strong market. I'll typically have meetings with clients, designers, and stagers to prepare homes for listing. I'll sometimes meet with my investor client, who is doing home flips. There are also meetings with inspectors and appraisers, and showings and negotiations. If there's time, I swing by Cook Street Coffee or Nekter to pick up drinks for my clients. I support local businesses, and they support me. There's a great vibe in Barrington—I call it a "throwback"—where people support each other.

## LUNCHTIME

I'm usually on the go during lunchtime so I grab a quick sandwich at

Heinen's, our local grocery store. On Thursdays, I play paddle tennis and am fortunate that I have the flexibility in my career allowing me to do so.

## AFTERNOONS

One of my favorite parts of my job is helping first-time homebuyers. They meet me after their workday, and we'll check out homes that came onto the market that day. There's also a lot of paperwork in this business. So, toward the end of the day, I look at the stack on my desk and dive in. One of the reasons I love Compass is the technology the company offers; it's very advanced and gives our brokers an edge. I use it to capture data and keep databases up to date.

## EVENINGS

I often won't get home until 7 or 8 p.m. My husband is a great partner and he'll make the kids dinner—his Chicken Parm is Teddy's favorite—so once I get home, I'm available for "Mom Time." Checking in with the kids and learning about their days is how I find balance between work and being a mom.

I love to go to my kids' sporting events and will often bring my laptop and work while I'm there. The market moves so fast that you have to be ready to help clients take advantage of opportunities at a moment's notice.



Always current. Fanselow stops to check emails, stay on top of new listings, and see what the line-up is for carpool duties that afternoon.

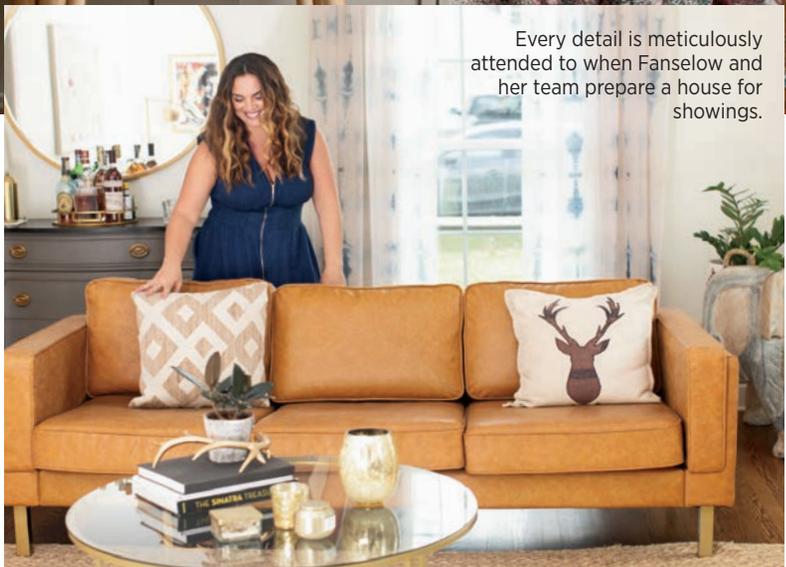


A typical morning in the Fanselow household, Kate checking in on work, while laughing with her two kids as her husband, Ed, is on omelet duty.

Once a week, I try to get out with my husband, Ed, or girlfriends to a local restaurant. It is the best to be greeted at gigi Wine Bar & Bistro with their signature Gold Rush cocktail without even having to ask. There's something special about a small town.

These are long days, often 12 hours or more, but I love my career. I love the exciting pace of the real estate business, and I love helping my clients achieve their goals. Most importantly, though, I love giving back to the place that has given so much to me.

*For more information, visit [katefanselow.com](http://katefanselow.com).*



Every detail is meticulously attended to when Fanselow and her team prepare a house for showings.

A portrait of Shana Vitek, a woman with blonde hair, wearing a light blue, shimmering, long-sleeved top and matching pants. She is sitting and smiling at the camera.

# SHANA VITEK

EQUITY PARTNER  
BEERMANN LLP

## DIVORCE WITHOUT COURT

Divorce is a very personal and emotional process that often involves children. However, anyone with an internet connection can access most divorce court documents. Additionally, divorce court often takes place on Zoom and is broadcast on YouTube where anyone can log on and watch.

It is concerning that children can go online to read the details of their parents' divorce, or that a nosy neighbor could pull up another family's divorce paperwork on their phone.

There is simply no reason the details of any divorce need to be public. Even the most contentious divorces can be handled without going to court. Better options are available if both parties agree they want to keep their divorce private. Alternative dispute resolution processes like mediation, arbitration, and collaborative divorce are very effective ways to accomplish this goal in the most efficient manner possible.

---

*Shana Vitek is an Equity Partner at Beermann LLP, the largest family law firm in Illinois. For over 20 years, she has practiced family law exclusively and is trained in mediation, arbitration, and collaborative law.*

*For more information, visit [www.beermannlaw.com/team/shana-l-vitek](http://www.beermannlaw.com/team/shana-l-vitek).*

312.621.1263

*[slvitek@beermannlaw.com](mailto:slvitek@beermannlaw.com)*



THE FAMILY LAW FIRM THAT CARES

[WWW.BEERMANNLAW.COM](http://WWW.BEERMANNLAW.COM)

CHICAGO · BANNOCKBURN

# Equilibrium

Personal Training Studio



The only person  
you are destined to become  
is the person you decide to be

Become Who You Were Born To Be



# Begin Again

*Dr. Kara Londergan assists her patients to find pathways through trauma.*

WORDS BY **TRICIA DESPRES** / PHOTOGRAPHY BY **MARIA PONCE BERRE**  
HAIR AND MAKEUP BY **LEANNA ERNEST** / STYLING BY **THERESA DEMARIA**

**T**here was a time when people chose to experience trauma-related pain behind closed doors. Rather than go to therapy, people chose silence, struggling to find ways to exist while their hearts broke.

But thankfully, those days are long gone.

“Not only is there more access to therapy now, but it’s become much less stigmatized,” explains Dr. Kara Londergan of Hohm Psychotherapy. “I have teens who come to me now who think, ‘therapy is cool.’ This is just part of what we do.”

This openness to therapy is much needed for people of all ages, as society searches for a way to rebound following the chaos of the pandemic.

“We were very isolated at that time, and isolation in humans is very traumatic,” Dr. Londergan recalls. “We cannot survive without connection to others. Connection is where we heal and thrive as human beings. A lot of anxiety came from COVID, and the isolation we all felt was traumatic for sure.”

Yet, the heaviness around the word “trauma” is enough to make people still feel a tad uneasy. Dr. Londergan hopes educating people

about the ubiquity of trauma will ease their apprehensions.

“Trauma is defined as anything that overwhelms our ability to cope,” says Dr. Londergan, a graduate of Adler University. “Anything we have gone through in our life that has overwhelmed us is stored in our body. And so, anxiety comes from those experiences. But when you go back to that core wound that’s stored in your body from that traumatic experience and work on resolving that, then the anxiety ultimately gets less intense.”

Dr. Londergan says she often uses body-based approaches to treat anxiety. “I use what’s called a bottom-up approach because I like to hit at the core of what’s going on,” expresses Dr. Londergan. “You’re starting from the bottom of the wound and then you’re going up into the body and the beliefs we hold inside. From there, we examine how these beliefs come out in the behaviors, and how these behaviors show up in our relationships.”

The skilled team at Hohm Psychotherapy also provides their clients the chance to partake in EDMR, an increasingly popular form of psychotherapy that involves eye movement desensitization.

“It’s the most effective form of trauma therapy,” she explains. “Research shows that when we go through any sort of overwhelm-

Londergan in Lafayette  
148 New York,  
[neimanmarcus.com](http://neimanmarcus.com)





“When we have unhealed trauma, we have suppressed emotions...”

Hohm Psychotherapy's Dr. Londergan wearing Lafayette 148 New York, [neimanmarcus.com](http://neimanmarcus.com)

ing traumatic experience, it's stored in our right brain. The process of EMDR is bilateral stimulation. It hits at the root of the activation in your body and where the experiences are stored.”

And it doesn't resemble talk therapy in any way.

“It's very structured,” continues Dr. Londergan.

“You're creating a target plan. How is the anxiety showing up physically? What we're doing is we're desensitizing the stored experience and the core belief. So, we're moving the experience from our right brain to our left brain where it becomes just more logical and interwoven and less activating.”

No matter what treatment one chooses, the most important thing is that the pain is treated because the physical challenges can be many.

“When we have unhealed trauma, we have suppressed emotions,” says Dr. Londergan. “They contribute to very

specific illnesses over time. The more that we take care of our mental health and express our emotions and feel connected, the less we're going to have to take the pills for this thing or that thing.”

And access to these much-needed therapeutic services has never been easier. “Clients feel more comfortable going through Zoom and having a telehealth appointment rather than traveling and taking time out of their day to focus on therapy,” observes Dr. Londergan.

“I've heard people say they are too old to do the work, but the truth is that you're never too old to begin again. And when you start to do the work, it's like going to the gym, you're exercising a new muscle, and no, it's not the most fun. It can be very difficult, but it is rewarding because you're growing in a new way.”

*For more information, visit [hohmpsychotherapy.com](http://hohmpsychotherapy.com).*

# • IN A *Pinch*



Experience the ultimate convenience with Pinch's "Pinch Party" where providers bring the med spa experience directly to you and your friends. Photo provided by Pinch.

*Chicago's Elan Mosbacher leverages his technology know-how to launch Pinch, an innovative **Mobile Med Spa** that provides a win-win for clients and providers alike.*

WORDS BY **ANN MARIE SCHEIDLER**

Chicago's Elan Mosbacher is a startup guy. He's especially fond of ideas that make real life experiences easier.

Mosbacher is making headlines today as the co-founder and CEO of Pinch, a new Mobile Med Spa in Chicagoland dedicated to empowering nurse practitioners to become healthcare entrepreneurs. Today, Pinch's unique model trains nurse practitioners to provide medical spa services, including Botox, chemical peels, filler, and more to clients in the comfort of their own homes.

Mosbacher is no stranger to marrying technology and



Consult with a professional in the comfort of your home on the latest in med spa treatments.

convenience. He first found success in such a union with an app that revolutionized how we park—SpotHero. Since its launch in 2011, SpotHero has helped drivers easily find affordable parking at more than 8,000 garages, lots, and valets in more than 300 North American cities. He's now bringing these same sensibilities that made SpotHero a billion-dollar business to Pinch.

"Pinch is a flexible, fun, and lucrative gig that can be done in addition to a day job instead of a nurse practitioner having to work a second shift," Mosbacher says. "And, it's comfortable and convenient for clients, people ranging from busy parents to people who might be uncomfortable in the med spa environment."

Pinch came to be after Mosbacher had a conversation with his childhood friend, a trauma surgeon, about the significant issue of healthcare burnout. They discussed how professionals in healthcare lacked the flexibility of remote work, a privilege enjoyed by tech workers and others. This lack of flexibility left many in healthcare feeling overwhelmed and on the brink of quitting.

Pinch enables nurse practitioners to launch their own businesses in the aesthetics industry. Pinch providers work when and where they want and typically earn more per hour than in their day jobs.

"Our goal is to set up nurse practitioners to run their own businesses," Mosbacher says. "We recruit, onboard, and train

them—removing the financial barriers of getting into the business. Many nurse practitioners already have aesthetic experience. Our nurse practitioners—our Pinch providers—set their own hours and how busy they want to be. They are responsible for their own success. We make this very accessible for them."

Pinch is the fastest-growing mobile med spa and is now serving more than 120 zip codes throughout Illinois.

"As a busy mom and Pinch Provider, I've personally experienced the convenience Pinch brings to both nurse practitioners and my clients," says Michelle Seaquist, an aesthetic nurse practitioner at Pinch who serves Lake County. "Pinch has allowed me to maintain the work-life balance I prioritize by granting me the freedom to make my own schedule and juggle my primary care responsibilities with my aesthetics practice. Pinch gives me the necessary tools and support to succeed, while providing my clients with the convenience and results they want."

No matter your age, gender or treatment needs, Pinch:

- Comes to you for a comfortable and convenient treatment in your home
- Ensures that treatments are provided by experienced healthcare professionals
- Provides flexible appointments 7 days a week from 7 a.m. to 10 p.m.—so you can fit your schedule, not the med spa's
- Charges less than a traditional med spa because there's no brick-and-mortar overhead
- Offers private appointments and Pinch Parties (friends, families, husbands/wives, pre-wedding, salons, offices – all faces welcome)

"The convenience for Pinch clients begins the moment they visit BookPinch.com," Mosbacher explains. "Think about any time you've had to make an appointment at a medical office. You have to look up the contact info, call to make an appointment, complete an in-take form, travel to your appointment, wait in the waiting room—all before you ever see a provider. With Pinch, your living room is your waiting room after your appointment is booked entirely online."

With Pinch, there are no limits to how nurse practitioners can grow. "Pinch offered me a fast track to my dream job and provided support every step of the way," says Charles Samuel, an aesthetic nurse practitioner at Pinch serving Lake County. "I have the freedom to set when and where I work. Pinch empowers nurse practitioners like me to be our own bosses while alleviating the stress of managing supplies and inventory. That ownership shines through the incredible experience we give our clients. It's truly a dream come true."

Mosbacher is excited about what's ahead for Pinch. "I remember when I would be walking through the airport and a TSA worker would see me wearing SpotHero merch and would say, 'I love SpotHero.' It was the best feeling to know they recognized our product and had to say how much they liked it. I can't wait for people to have that same feeling about Pinch. It won't be long before they do."

*To learn more about Pinch or to make a med spa appointment, visit [bookpinch.com](http://bookpinch.com) or follow them on Instagram @bookpinch.*



YOUR  
BROKER



TARA KELLEHER TEAM  
847.826.2178 TARAKELLEHER.COM  
TARA@TARAKELLEHER.COM

# FOOD & TRAVEL

FIRST-CLASS DINING AND TRAVEL EXPERIENCES



Blue skies off  
Panama City's  
famed coastline.

*Look no further than the magical shores of **Panama's** capital city when planning your next trip. And upon your return, dive into a delicious twist on the ultimate comfort food with a recipe for Southern Bake Mac & Cheese with Spiced Tomato.*

# Southern Mac & Cheese Bake with Spiced Tomato

WORDS, PHOTOGRAPHY, AND FOOD STYLING BY **MONICA KASS ROGERS**

**W**hen I was a young cook, getting the right sauce consistency for baked macaroni and cheese was hit or miss.

I'd make the roux, stir in the milk, cheese and noodles, pop it in the oven and hope for the best. Discovering an old Southern recipe in a community cookbook that told me I could skip the roux and simply thicken the sauce by whisking egg into the milk was a great revelation. This method became my standard for baked mac and cheese: Never too thick but always cheesy-oozy the way my kids liked it. Somewhere along the line, I started mixing spiced tomatoes into the

casserole, heightening the flavor, and never looked back.

With both sharp cheddar and colby layered in the mix, this bake is super cheesy. I like to use an aged white cheddar, but you can substitute your favorite good quality sharp cheddar. Stick with colby for the middle layer. I usually make this with regular elbow macaroni, but whole wheat or gluten-free options work well, too. For the tomato mix-in, I prefer to use Campari brand unless it's summer and there are farmers market or home-grown beauties available. Crowning all, the panko-crumb topping adds a nice crunch.

## METHOD

**MAKE MACARONI:** Heat large pot of water to boiling with 2 tsp of salt stirred in. Add macaroni and cook, stirring occasionally to prevent clumping, until macaroni is cooked but not mushy. Strain macaroni in a large colander. Rinse with cold water. Set aside.

**MAKED SPICED TOMATOES:** Rinse tomatoes, quarter and add to a pot with 1 Tbsp. olive oil over low heat. Smash tomatoes with a potato masher. Stir in chili powder, paprika and salt. Simmer for about 10 minutes, stirring occasionally until raw tomato flavors mellow. Remove from heat and set aside.

**MAKE CHEESE SAUCE:** In a large pot or bowl, whisk milk with eggs and mascarpone cheese until smooth. Stir in 2 cups of the grated cheddar cheese, pepper, salt and cooked/drained macaroni.

**ASSEMBLE AND BAKE:** Place oven rack

in upper 1/3 of oven. Preheat oven to 350 degrees. Spoon half of the macaroni mixture into a casserole dish and stir in half of the spiced tomatoes. Cover the noodles with the 2 cups of grated colby cheese. Top with remaining noodles. Spoon remaining spiced tomatoes in dollops over the noodles, dotting evenly to cover the whole expanse. Cover casserole with foil and bake in 350 degree oven for 35 minutes. Remove casserole from oven. Discard foil and top casserole with remaining 2 cups of grated cheddar. Mix panko bread crumbs with melted butter and a pinch of salt. Spread crumbs evenly over the cheese. Increase oven heat to broil setting. Place casserole back in oven for a scant minute or two until crumbs are golden brown and cheese is melty and bubbly. (Watch carefully—the topping can go from golden brown to burned in an instant!) Remove from oven and allow to setup for 15 minutes. Serve.



## SERVES 10

### INGREDIENTS

- 2 tsp Kosher salt
- 1 lb elbow macaroni
- 1 lb (8 medium-sized) Campari tomatoes, quartered to make 2 cups
- 1 Tbsp olive oil
- ½ tsp Kashmiri chili powder OR ¼ tsp cayenne pepper
- 2 tsp smoked paprika
- ¼ tsp kosher salt
- 2 cups whole milk
- 3 large eggs
- ½ cup mascarpone cheese
- 12 oz block of sharp cheddar cheese, grated with the large holes of the grater to make 4 cups (I use aged white cheddar)
- Several grinds of fresh cracked black pepper and
- 1 tsp kosher salt
- 8 oz block of colby cheese, grated with the large holes of the grater to make 2 cups
- ½ cup panko bread crumbs
- 1 ½ Tbsp melted butter
- Pinch of salt



Rear exterior facade and pool of The Santa Maria hotel.



# STOP & STAY

*Panama City's airport may be the gateway to the world but the country's history and natural beauty merit an extended visit.*

WORDS BY **DUSTIN O'REGAN**

**P**anama City has location, location, location in its favor. As the connecting point between the Americas, Panama City's airport sees flights daily from more than 80 destinations. Why not treat your layover like a vacation by breaking up the trip and visiting one of Central America's most metropolitan cities?

With historic architecture, ultramarine seas, and dense tropical forests, there is plenty to experience. If you are a history buff, I recommend booking a guided city tour with Ancon Expeditions of Panama. Our knowledgeable and fun guide helped us discover a

city that is a study in contrasts—towering downtown skyscrapers pay homage to the modern age while two interior sections are both UNESCO World Heritage Sites. Casco Viejo (“old quarter”) is a gorgeous, walled, colonial city full of history and flavor, and Panama Viejo is an archaeological site that preserves the ruins of Old Panama City, which was founded in 1519 but later destroyed by pirates. Be sure to ascend the Cathedral Tower for outstanding views and visit the beautifully curated museum, which outlines the country's history in an easy manner.

An absolute must on your itinerary is the Panama Canal, recognized as one of the Seven Wonders of the Modern World. It draws tourists from around the



globe, making it the most visited attraction in the country. An admission ticket includes a fascinating documentary, *A Land Divided, A World United*, about the building of the canal—the only one of its kind to connect the Pacific Ocean to the Atlantic Ocean, dramatically shortening transit routes.

Perhaps history lessons leave you yawning while nature quickens your pulse? No worries, the city has several natural parks for hiking and wildlife observation. The city views from the Metropolitan Park, a tropical forest sanctuary, are breath-stealing. Don't be surprised if you glimpse a sloth or two. A favorite place for Panamanians to walk, skate, and bike is the Amador Causeway, which consists of four islands joined by rocks excavated during the Panama Canal's construction. You'll find several coastal services here offering fishing charters or ferries to the Pearl Islands, an archipelago consisting of more than 200 islands and islets.

A great place to stay is The Santa Maria. Located within the city's coveted Santa Maria Golf & Country Club, the resort not only immerses its guests in luxurious amenities but is just minutes from the

airport, Casco Viejo, Panama Viejo, and the Panama Canal. While Santa Maria is home to several eateries, my favorite was the Mestizo Restaurant serving Panamanian-Mediterranean fusion cuisine and the city's best Sunday brunch. The tantalizing dining concepts are complemented by an expansive pool, a locally inspired spa, a workout facility, and plenty of space to play—from the 18-hole Jack Nicklaus-designed golf course to tennis and basketball courts. The rooms boast Luxury Collection beds, Le Chemin products, and beautiful views.

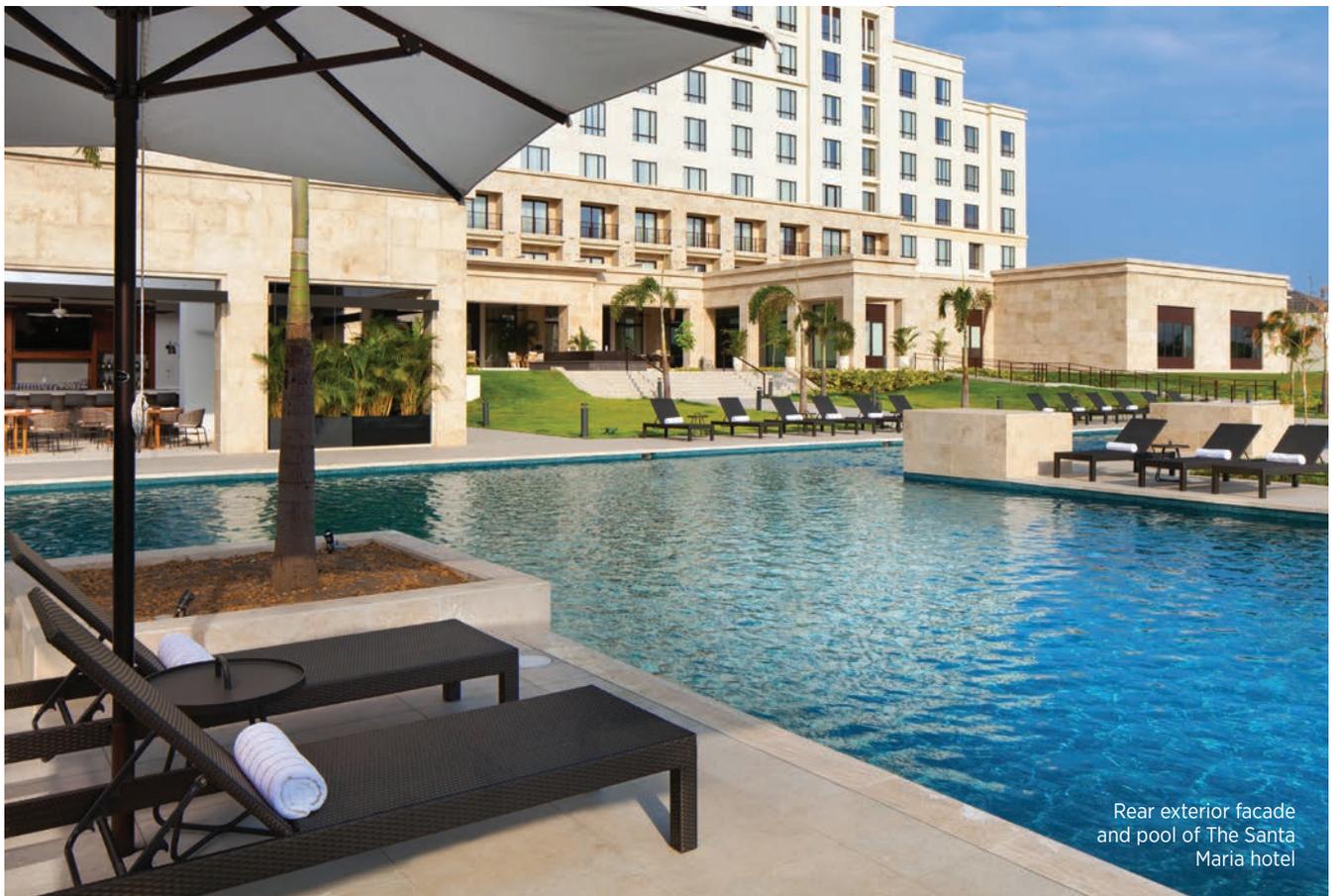
If you are passing through Panama City en route to your final destination—stop and stay. Copa Airlines has a Panama Stopover program that enables travelers to make the most of their stopover in Panama City for up to seven days without paying any additional airfare. There is so much more to see than just the airport. *Viajes felices!*

*For more information visit, [thesantamariahotel.com](http://thesantamariahotel.com), [anconexpeditions.com](http://anconexpeditions.com), and [copaair.com](http://copaair.com).*

Cathedral  
Metropolitan Basilica  
Santa Maria la Antigua  
in Panama Viejo



PHOTOGRAPHY BY JUDITH ENGBERS



Rear exterior facade  
and pool of The Santa  
Maria hotel



**ROB MORRISON TEAM**  
**COLDWELL BANKER REALTY**

DISCOVER A NEW LEVEL OF REAL ESTATE



**\$600+ MILLION**  
TEAM CAREER SALES

**\$159+ MILLION**  
FOR 2021 - 2023 SALES\*

**102% LIST TO SALE**  
**PRICE RATIO**  
FOR 2023 SALES\*

847.212.0966

[Robbie.Morrison@CBexchange.com](mailto:Robbie.Morrison@CBexchange.com)

[WWW.RMORRISONTEAM.COM](http://WWW.RMORRISONTEAM.COM)



\*Production data is taken from MRED LLC from January 1, 2021 to March 5, 2024. Affiliated real estate agents are independent contractor sales associates, not employees. ©2024 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logo are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker® System is comprised of company owned offices which are owned by a subsidiary of Anywhere Advisors LLC and franchised offices which are independently owned and operated. The Coldwell Banker System fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.

# HOUSE & HOME

AN INSIDE LOOK AT CHICAGO'S MOST EXCLUSIVE ADDRESS—THE BARRINGTONS



## *JAMES Showroom*

has opened in New York City, coinciding with the launch of owner Meredith Ellis' eponymous textile brand, available through JAMES. Experience the allure of exquisite craftsmanship at JAMES, where curated collections of the industry's most coveted fabric, wallpaper, lighting, furniture, and rug lines redefine the standards of design essentials. Ellis continues to redefine luxury introducing fresh designs that resonate with clients and designers alike.

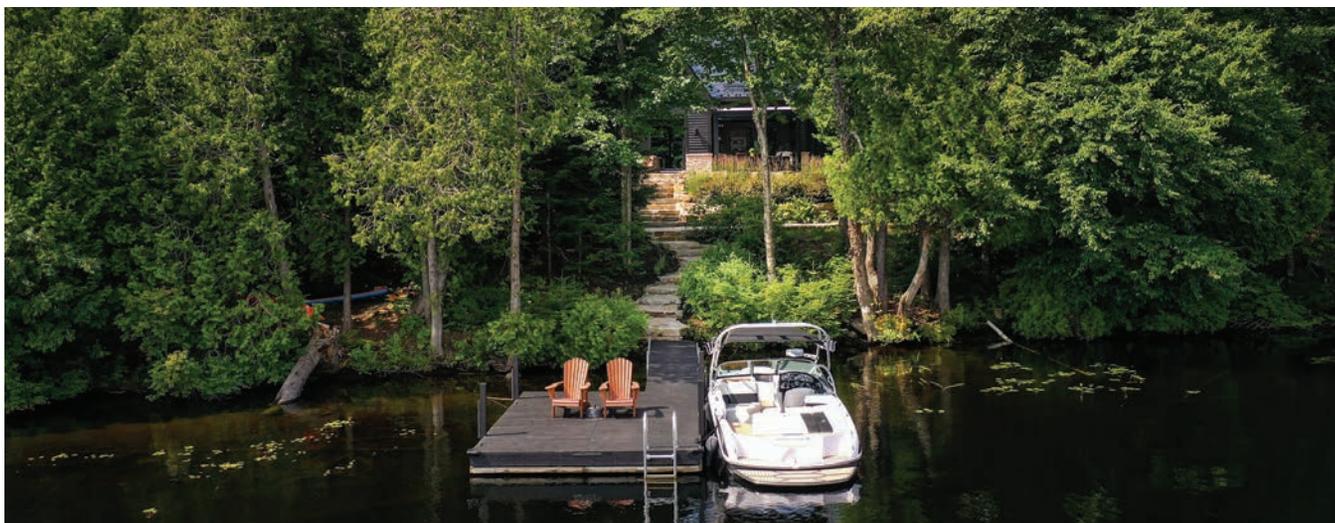
*meredithellistextiles.com*



## LUXURY OFFERINGS: WHAT YOU GET FOR \$2 MILLION

From a woodland dream in *Quebec* to a home on the third-hole fairway of the *Club at Wynstone* to high-rise living in *Idaho* ... all available for close to **\$2 million**.

WORDS BY MEGAN WEISBERG



CANADA  
\$2.1 million

**The Details:** 4 Bedrooms, 3 Baths • 16,146 square feet, \$132 per square foot • Private boat dock, meticulous landscaping **Contact:** Engel & Völkers Tremblant, 819-681-5000

**T**his designer property, set in the heart of a woodland in the Canadian province of Quebec, has a gorgeous ceiling reminiscent of a cathedral roof. The large stone and wood fireplace and various wooden furnishings create an ideal ambiance for relaxing evenings. Located

at the end of a private road, the home faces the majestic Lac Archambault and has a spectacular view over the lake. The basement features a French-style wine cellar built into the rock. In 2021, a contemporary building was added, housing a double garage and a loft with a shower room.



46 SOUTH  
WYNSTONE DRIVE  
\$1.749 million

WYNSTONE GOLF COMMUNITY, NORTH BARRINGTON

**L**ocated on the third-hole fairway of the Jack Nicklaus-signature golf course, the home's walk-out basement opens to the yard, golf course, and custom paver patio. The open floor plan creates a seamless flow throughout the main level, and the two-story great room has a beautiful stone fireplace. The first floor's custom mahogany library is

**The Details:** 5 Bedrooms, 5.2 Baths • 11,804 square feet, \$148 per square foot • A special social or full golf membership opportunities for The Club at Wynstone are associated with purchasing this home. • Sits on approximately 0.945 acre  
**Contact:** Cathy Schmidt, Compass, 847-828-1277

a perfect home office. Upstairs are four bedrooms with ensuite bathrooms, generous closets, and a bonus room. The lower level offers an in-law arrangement with a full kitchen, a full bar, entertaining space, ample storage, and an in-home exercise room. Enjoy the beautiful screened-in porch and elevated views from the upper deck. The four-car attached garage has radiant heat and epoxy flooring.





116 S. 3RD STREET  
UNIT #405  
\$2 million  
COEUR D' ALENE, IDAHO

**The Details:** 3 Bedrooms, 2 Baths • 2,356 square feet, \$848 per square foot • On-site concierge, 24-hour gym, golf simulator, indoor/outdoor pool, and lakeview community terrace  
**Contact:** Hayden Anderl, Coldwell Banker, (208) 964-0234

**T**his property at The Thomas George defines downtown luxury living. With only 60 private condominiums on floors four through 18 and a private, secure garage for owners, all the benefits of life on Lake Coeur d'Alene are literally on the doorstep. Each unit has high-end finishes, and

buyers have a range of view options to choose from including Lake Coeur d'Alene, McEuen Park, Tubbs Hill, Independence Point, and Sanders Beach. Unit sizes range from 785 square feet to over 2,300 square feet and pricing ranges from \$792,000 to \$2.4 million plus. Estimated completion in August 2025.





# POP

*Make emboldened choices with small pops of color throughout your home.*

EDITED BY MEGAN WEISBERG



10



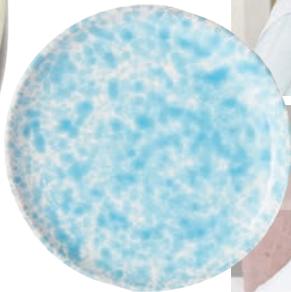
14



18



15



15



11

13



12



16



17

1 Dolce & Gabbana, Padded Printed Silk Twill Blanket, [net-a-porter.com](http://net-a-porter.com) 2 E. Braun & Co., Citron and Orange Cocktail Napkins, [ebraunnewyork.com](http://ebraunnewyork.com) 3 Summerill & Bishop, Striped Linen Napkins, [matchefashion.com.us](http://matchefashion.com.us) 4 Cabana, Demetra Glass Oil Bottle, [net-a-porter.com](http://net-a-porter.com) 5 Authentic Provence, Gard Chair, [authenticprovence.com](http://authenticprovence.com) 6 Authentic Provence, Duran Chair, [authenticprovence.com](http://authenticprovence.com) 7 Tory Burch Home, Jolie Fleur Embroidered Tablecloth, [toryburch.com](http://toryburch.com) 8 Tory Burch Home, Hand-Painted Salt Cellars, [toryburch.com](http://toryburch.com) 9 E. Braun & Co., Carioca Cocktail Napkins, [ebraunnewyork.com](http://ebraunnewyork.com) 10 E. Braun & Co., Butterfly Cocktail Napkins, [ebraunnewyork.com](http://ebraunnewyork.com) 11 etüHOME, Rectangle Saddle Charcuterie Board, [etubome.com](http://etubome.com) 12 Rabitti 1969, Woody Large Leather Basket, [matchefashion.com.us](http://matchefashion.com.us) 13 etüHOME, Round Saddle Charcuterie Board, [etubome.com](http://etubome.com) 14 E. Braun & Co., Pois Throw in Emerald, [ebraunnewyork.com](http://ebraunnewyork.com) 15 Mrs. Alice, Splatter Print Ceramic Dinner Plates, [matchefashion.com.us](http://matchefashion.com.us) 16 E. Braun & Co., Caroline and Renaissance Bed Linens, [ebraunnewyork.com](http://ebraunnewyork.com) 17 E. Braun & Co., Fleurs de Pommier Towels, [ebraunnewyork.com](http://ebraunnewyork.com) 18 Tory Burch Home, Mochaware Dinner Plate, [toryburch.com](http://toryburch.com)

A trusted name in the community for 45 years.

# PARISI

## PAVING & SEALCOATING

ECO Friendly materials today for our customers of tomorrow.



**ASPHALT PAVING | ASPHALT SEALING**  
Residential | Commercial

**BRICK PAVER SERVICES | CONCRETE SERVICES**  
Driveways, Walkways, Ribbons & Patios

We design, build & maintain all your pavement projects.

**\$300 OFF**

ANY ASPHALT PAVE JOB

EXPIRES MAY 31, 2024

Not to be combined with any other offer or discount. Good for any Pave Job above \$2900. Offer must be mentioned at time of confirmed scheduling.

**847-382-1077**

**Barrington, IL**

**[www.parisipaving.com](http://www.parisipaving.com)**

Licensed, Bonded & Insured

**Better Service..Better Materials...The BEST PAVEMENTS!**





# IS THIS HEAVEN OR IS THIS BARRINGTON?

Whether you're just starting out...

looking to trade up...

or thinking about downsizing...



**208 DUNDEE**  
Represented the buyers  
\$400,000 March 2024



**516 SHADY LANE**  
Represented the sellers  
\$850,000 March 2024



**52 SURREY LANE**  
Represented the sellers  
\$700,000 March 2024

**...we have the experience and the know-how to help you achieve your real estate goals.**



## FEATURED LISTING

**142 W LAKE STREET**  
RENOVATED HISTORIC VILLAGE GEM  
\$950,000



KATEFANSELOW.COM  
773.621.4597  
Kate@KFGCompass.com

# TIME FOR TEA

*South Barrington's Te'Amo Boba Bar Serves Up a Healthy Dose of Camaraderie.*

WORDS BY **TRICIA DESPRES**

ILLUSTRATION BY **ROBERT RISKO**

Place, and Navy Pier. And with every location comes a brand new, all-encompassing experience.

"We put a lot of effort into being creative with our décor and making each place unique," says Wan, who currently resides in Schaumburg. "Customers can bring their friends and family to each location and still feel that it's different. Lots of our customers live in the suburbs, but they can go to the city and experience something completely new than what they might find at our Schaumburg or South Barrington location."

Some important business practices, however, are standard across the shops. "We use organic milk to make all our drinks," explains Wan, who also offers an array of desserts using all-natural ingredients. "That's really different than traditional boba tea because many places use nondairy creamer, which is bad for people's health. I prefer to give our customers the healthier version of boba tea."

And while the tea is why people stop into Te'Amo Boba Bar, they stay for the chance to get closer to those in their community.

"Everyone always has their eyes on their phones, but here it's different," says Wan, who also sells eco-friendly merchandise such as reusable straws, cups, and tote bags. "People communicate. They share their stories, and they sit together at a round table. I feel that's so meaningful because communication is very important for people's emotional well-being."

Wan says her goal is to ensure that people feel better when they leave Te'Amo Boba Bar compared to when they walked into Te'Amo Boba Bar. "That's our goal," she says. "We want every customer to leave here with a happy face."

*Visit Te'Amo Boba Bar at 100 W. Higgins Road, Suite F-35, in South Barrington.*

**G**rowing up in China, Mia Wan began her mornings with a simple, yet beautiful tradition. "The tea would always be brewing in the kitchen," recalls Wan. "It's the tradition of our hometown. We would drink tea with our family and then we would talk. When I moved to America to study at Purdue University, those are the memories I brought with me. And that's why I wanted to bring tea culture here so people can enjoy the benefits of tea and share their good memories with their friends and family."

Wan has brought this exquisite tea culture to South Barrington in the form of Te'Amo Boba Bar. "There was not a lot of boba or coffee shops here, so we wanted to bring the community our drinks made from real loose leaf tea and organic milks and desserts made with natural ingredients," says Te'Amo Boba Bar's co-founder located in South Barrington. "Tea not only hydrates you but has antioxidants to fight and prevent disease."

Indeed, Te'Amo Boba Bar offers its customers an array of Taiwanese tea-based drinks containing tapioca pearls. But that's not all it provides. "This place and this tea are not only good for your health, but it's also good for your soul," Wan explains.

South Barrington now serves as Te'Amo Bar's tenth location. Wan and her business partners opened their first store at the University of Chicago in 2018, and followed it up with locations in Chinatown, The Shops at North Bridge, River North, Water Tower

Risko



# MHT Morrison Home Team

results you want. service you deserve.

#1 in 60010 area since 2010<sup>^</sup>



SCAN ME



Call John Morrison TODAY!

847.409.0297 | MorrisonHomeTeam.com

**Our Numbers**  
Speak Volumes

**\$1.653B+**  
CAREER VOLUME\*\*

**\$121M+**  
CLOSED 2023\*

**2,722**  
HOMES SOLD\*\*

\*MRED, LLC Total Closed Sales Volume, including off market listings; Morrison Home Team 01/01/2023 - 12/31/2023. \*\*Broker/Metrics, LLC, career sales from 07/21/2003 - 12/31/2023. \*MRED, LLC: #1 based on combined closed sales volume in areas 10 for all Morrison Home Team 01/01/2010 - 12/31/2023.



PATEK PHILIPPE  
GENEVE

BEGIN YOUR OWN TRADITION



YOU NEVER ACTUALLY OWN A PATEK PHILIPPE.  
YOU MERELY TAKE CARE OF IT FOR THE NEXT GENERATION.

CALATRAVA REF. 6007G

EST.  1951  
**RAZNY**  
JEWELERS  
RAZNY.COM